

MEAL PRAYER

Tönpa Lamey Sangye Rinpoche

The Supreme Teacher, the precious Buddha

Kyopa Lamey Tamchö Rinpoche

The Supreme Protection, the precious sacred Dharma

Dreng Pa Lamey Gendün Rinpoche

The Supreme Guide, the precious Sangha

Kyabney Könchog Sum La Chöpa Pül

To these three jewels, the refuges, I make this offering

(Before each meal, one generally recites this prayer in Tibetan one time.)